

## Home Town Helps

### CITIZENS AND PUBLIC HEALTH

Physical Well-Being Most Important to Community as Well as to the Individual.

There are few things of so great importance to the individual as his health. Upon it depends largely his attitude toward life and his relationship to his fellow man. Generally speaking, the physically well are prosperous and efficient and the sick or diseased unsuccessful and inefficient. The individual chronically poisoned by malaria or by hookworm infection finds his daily work onerous and the fruits of his labor give but little pleasure. The consumptive would gladly exchange his bank account for physical health. Who would not give his material wealth if by so doing he could bring back loved ones lost prematurely by fatal disease?

The health of the community is the combined health of those living in it. The relation of the citizen to the health of the community is, therefore, his relation to the health of his neighbors and of those living in the same city or state.

The health of the community should be of interest to every individual, for upon it depends the welfare of himself, of his family and of his fellow citizens. Upon the health of the people depends the happiness and prosperity of the community. Without health there can be no real prosperity and such material success as may be attained is of little benefit.

To the extent that the inhabitants of a community are sick the community itself is diseased. The community has health only in so far as the people are free from disease. To a community health is a valuable asset; it insures prosperity, it attracts people. It increases the value of the land. Many letters are received daily at the public health bureau at Washington from people who are contemplating buying land and moving from one state to another, asking about the health conditions of certain localities.

### GET RID OF PLAGUE SPOTS

Poorly Ventilated, Dirty and Crowded Habitations Are a Disgrace to the City They Disfigure.

Houses were first designed as a place to seek cover and protection during sickness, storms and inclement weather, says a bulletin issued by the Chicago health department. At other times, when the hardy people did not need this protection, they used houses infrequently. From the ancient, rude houses have developed the modern homes, where summer weather may be had in deepest winter. The tendency is for greater comfort and convenience and the open-air propagandist is more and more meeting popular acclaim. Sun porches, sleeping rooms widely accessible both to air and sun rays, are deemed necessary to the best homes.

But homes of this kind are fewer by far than the residences of the humbler classes and there are many homes filled to overcrowding that enjoy only primitive means for ventilation. Such houses are simply generating beds for the bad-air diseases. In many cases tenants may know of their dangers, but the family purse deters movement to more healthful surroundings.

It should be brought home to the owners of unsafe, dirty and neglected houses that these should be made decent. A good modern house may always be rented in any city. Profits do not depend on poor houses, and the tenant of an old, poorly ventilated, dangerous firetrap, never painted nor repaired, does not get his money's worth. In short, as a rule, he pays the highest price for the poorest accommodations.

#### Plant a Tree.

Whether it be a fruit tree, an ornamental tree or a timber tree, the time devoted to planting it is well and worthily spent. Within the last two decades the whole country has awakened to the importance of the forestry question. All states should be interested in preserving the remnants of our goodly forest heritage, and in passing on to future generations a land beautified and glorified by its wealth of trees.

It requires years for nature to build a perfect tree, and it requires only a few moments for man to destroy nature's work. The time has come when nature must be assisted in the beneficent task of reforestation.—Louisville Courier-Journal.

#### Sunken Garden in Old Basement.

By transforming the basement of a burned hotel into a sunken garden the people of Wiscasset, Me., got rid of an unsightly rubbish-filled excavation and replaced it with what has proved to be one of the most attractive features of the town.—Popular Mechanics.

#### In Bulk.

She—"I will admit that a woman seldom weighs her words."

She—Nonsense! Women don't use big words.

He—True, but they would have to be weighed in such large quantities.



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## STEWART & KERNAGHAN

EDGEFIELD, SOUTH CAROLINA



## IT MAKES HOME OH! SO HAPPY To Have A BANK ACCOUNT



Copyright 1909, by C. E. Zimmerman Co.—No. 44

OF all the unhappy homes, not one in a hundred has a bank account and not one home in a hundred who has a bank account is unhappy. It seems almost foolish to put it off any longer, when it is such a simple, easy matter to start a bank account.

## BANK OF EDGEFIELD

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## Land for Sale

Any one desiring to purchase a tract of land of 50 acres, or more, can apply to the undersigned, as it is my purpose to cut up the land near Meeting Street, and sell on easy-term payments.

Also, the town lots and stores in Edgefield of the late D. A. Tompkins, are offered for sale.

Also, a farm of D. A. Tompkins of 250 acres, between the lands of the Joe H. Bouknight estate of Ben Boatwright.

## A. S. TOMPKINS

Edgefield, South Carolina

### Woman Finally Recovers From Nervous Breakdown

Impoverished nerves destroy many people before their time. Often before a sufferer realizes what the trouble is, he is on the verge of a complete nervous breakdown. It is of the utmost importance to keep your nervous system in good condition, as the nerves are the source of all bodily power. Mrs. Rosa Bonner, 825 N. 18th St., Birmingham, Ala., says:

"I have been suffering with nervous prostration for nine or ten years. Have tried many of the best doctors in Birmingham, but they all failed to reach my case. I would feel as if I was smothering; finally I went into convulsions. My little girl saw

#### Dr. Miles' Nerve

advertised in the papers and I at once began to take it. I continued to take it for some time and now I am well."

If you are troubled with loss of appetite, poor digestion, weakness, inability to sleep; if you are in a general run down condition and unable to bear your part of the daily grind of life, you need something to strengthen your nerves. You may not realize what is the matter with you, but that is no reason why you should delay treatment.

#### Dr. Miles' Nerve

has proven its value in nervous disorders for thirty years, and merits a trial, no matter how many other remedies have failed to help you. Sold by all druggists. If first bottle fails to benefit your money is returned. MILES MEDICAL CO., Elkhart, Ind.

## "Cred"

Mrs. Jay McGee, of Stephenville, Texas, writes: "For nine (9) years, I suffered with womanly trouble. I had terrible headaches, and pains in my back, etc. It seemed as if I would die, I suffered so. At last, I decided to try Cardui, the woman's tonic, and it helped me right away. The full treatment not only helped me, but it cured me."

TAKE

## Cardui

The Woman's Tonic

Cardui helps women in time of greatest need, because it contains ingredients which act specifically, yet gently, on the weakened womanly organs. So, if you feel discouraged, blue, out-of-sorts, unable to do your household work, on account of your condition, stop worrying and give Cardui a trial. It has helped thousands of women,—why not you? Try Cardui. E-71

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## Ford Automobiles

We have accepted the agency for the Ford Automobiles for Edgefield County, and will have constantly on hand a stock of Touring Cars and Run-Abouts. Shall be pleased to show them to those who contemplate buying a car. The Ford cars defy Edgefield's winter roads.

### They are an All-the-Year-Round Car

We will also carry a full assortment of all parts of the Ford cars, and can fill orders at our Garage without your having to wait to get extra parts by express. Make your auto wants known to us, and we will satisfy them on short notice and at reasonable prices.

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Edgefield, South Carolina

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